

Apple Cider Vinegar



For centuries, apple cider vinegar has been used for many purposes: cleaning, polishing, cooking, salad dressings, skin and hair treatments and to relieve just about any ailments and many more uses. One of the claims to its fame is that apple cider vinegar aids to losing weight, another claim is given to aid with arthritis, high cholesterol, high blood pressure, healthier skin, controlling blood sugar, constipation and many other attributes.

As it's shown to be an effective natural antibiotic and antiseptic that works on germs and bacteria.

Apple cider vinegar is a product of double fermentation. This is a process in which sugars in a food are broken down by bacteria and yeast. In the first stage of fermentation, the sugars are generally turned into alcohol. The word vinegar originates from the French, meaning "Sour Wine", Vinegar can be made from all sorts of products, like fruits, vegetables and grains – Apple Cider vinegar comes from apple scraps or

pulverized apples.



You probably seen it in the supermarkets, the bottles containing a cloudy sediment at the bottom. These sediments are known as the “ Mother of Vinegar “ and are mostly composed of bacteria from acetic acid. The main ingredient in apple cider vinegar, or any vinegar is acetic acid, part citric, malic and lactic acids.

Vinegars can be made from almost any fermentable carbohydrate source, including wine, molasses, dates, sorghum, apples, pears, grapes, berries, melons, coconut, honey, beer, maple syrup, potatoes, beets, malt, grains, and whey to mention a few.

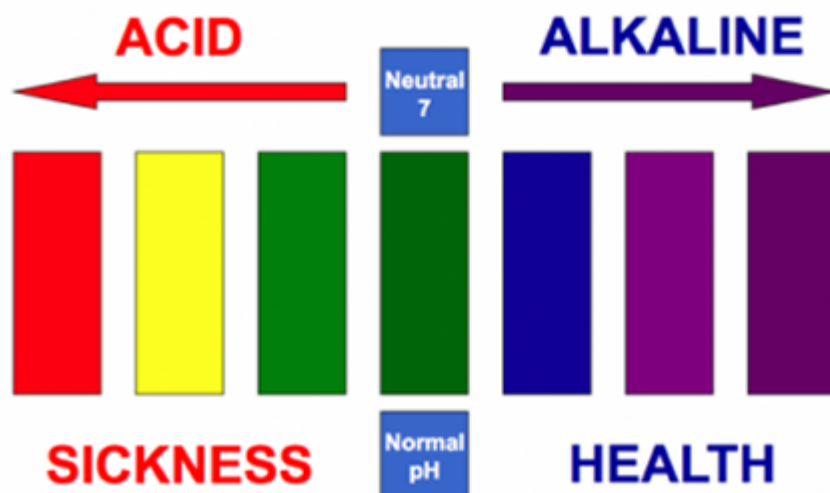
The use of vinegar with a variety of plants or essential oils for cosmetic purposes can be traced back to the Romans and was fashionable during the 19th century as vinegar de toilette.

Read more:
<http://www.care2.com/greenliving/apple-cider-vinegar-skin-tip.html#ixzz3DtJqRutT>

Hippocrates known as the father of modern medicine, used apple cider vinegar as a health tonic.

Christopher Columbus sailed with 55 gal. drums aboard his ships to fight scurvy.

Apple Cider vinegar is said to speed up metabolism and found that vinegar also burns fat faster.



Alkaline Acid Balance – Despite being an acidic solution, apple cider vinegar has an alkalinizing effect on the body.

Some alternative practitioners recommend using apple cider vinegar to restore alkaline acid balance. The theory behind the alkaline diet is that our blood is slightly alkaline (with a normal pH level of between 7.35 and 7.45) and that our diet should reflect this pH level. Proponents of the alkaline-acid theory believe that a diet high in acid-producing foods leads to lack of energy, excessive mucous production, infections, anxiety, irritability, headache, sore throat, nasal and sinus congestion, allergic reactions, and increased risk of conditions such as arthritis and gout.

Despite being an acidic solution, some proponents of apple cider vinegar believe it has an alkalinizing effect on the body. As such, they recommend one to two teaspoons of apple cider vinegar in water as a daily health tonic.



- 3** Carbonated Water, Club Soda, Energy Drinks
- 4** Popcorn, Cream Cheese, Buttermilk, Prunes, Pastries, Pasta, Cheese, Pork, Beer, Wine, Black Tea, Pickles, Chocolate, Roasted Nuts, Vinegar, Sweet and Low, Equal, Nutra Sweet
- 5** Most Purified Water, Distilled Water, Coffee, Sweetened Fruit Juice, Pistachios, Beef, White Bread, Peanuts, Nuts, Wheat,
- 6** Fruit Juices, Most Grains, Eggs, Fish, Tea, Cooked Beans, Cooked Spinach, Soy Milk, Coconut, Lima Beans, Plums, Brown Rice, Barley, Cocoa, Oats, Liver, Oyster, Salmon

- 7** Neutral pH
Most Tap Water, Most Spring Water, Sea Water, River Water
- 8** Apples, Almonds, Tomatoes, Grapefruit, Corn, Mushrooms, Turnip, Olive, Soybeans, Peaches, Bell Pepper, Radish, Pineapple, Cherries, Wild Rice, Apricot, Strawberries, Bananas
- 9** Avocados, Green Tea, Lettuce, Celery, Peas, Sweet Potatoes, Egg Plant, Green Beans, Beets, Blueberries, Pears, Grapes, Kiwi, Melons, Tangerines, Figs, Dates, Mangoes, Papayas
- 10** Spinach, Broccoli, Artichoke, Brussel Sprouts, Cabbage, Cauliflower, Carrots, Cucumbers, Lemons, Limes, Seaweed, Asparagus, Kale, Radish, Collard Greens, Onion

Acetic Acid inhibits the activity of several carbohydrate-digesting enzymes, including amylase, sucrase, maltase, and lactase. As a result, when vinegar is present in the intestines, some sugars and starches temporarily pass through without being digested, so they have less impact on blood sugar.

- improves insulin sensitivity during a high-carb meal by 19-34% and significantly lowers blood glucose and

insulin responses.

- 2 tablespoons of apple cider vinegar before bedtime can reduce fasting blood sugars by 4%
- Numerous other studies show that vinegar can increase insulin sensitivity and significantly lower blood sugar responses during meals.



Make sure you get the raw Apple Cider vinegar to get the most benefits from it. Apple Cider vinegar which is unfiltered, unheated, unpasteurized with plenty of the MOTHER VINEGAR. The mother is made up of living nutrients and bacteria. This is

were most of the health benefits come from. It doesn't have a great look, but is the the most nutritious and has many of the bacterial and anti-fungal properties.

The ingredients of raw Apple Cider vinegar: potassium, pectin, malic acid,acetic acid, and ash (ash creates alkalinity in the vinegar and helps maintaining a healthy alkaline state)



**Apple Cider vinegar for the Skin:
[Dr Frank Lipman](http://www.drfranklipman.com) great site to visit**

**According to
<http://www.drfranklipman.com>**

There are several key attributes to ACV for maintaining beautiful skin, and exfoliation is one of them. Exfoliating is a key element for keeping youthful healthy skin. There are several ways to exfoliate, and one of them is by “digesting”

dead skin cells, which the acids in ACV do. This mild cell turnover is widely used as a skin treatment to improve, soften, and smooth skin texture. The new skin layer, once revealed, is more vibrant, youthful, and healthy.

With a pH similar to skin, AVC helps restore and balance your skin's pH and acid mantle. This too is key to healthy, beautiful skin. The acid mantle is the combination of sebum (oil) and perspiration on the skin's surface. This barrier protects the skin and makes it less vulnerable to environmental damage (smog, sun and wind), less prone to dehydration, and also inhibits the growth of foreign bacteria and fungi (enabling skin to be healthier and have fewer breakout and blemishes. Acne, allergies and other skin problems become more severe as the skin becomes more alkaline). "Mild" soaps are often alkaline (pH 9.5-11), and remove the natural acid protection as well as extract protective lipids (fats) from the skin. Washing with soap can increase this alkaline state and make the skin even more vulnerable to irritation and infection. Most people are cleansing with products that are breaking down their acid mantle and causing increased skin issues. Balancing your pH is an imperative part of maintaining healthy skin.



Hair rinse: Apple cider vinegar gets rid of residue build-up on hair, leaving it soft and shiny. Mix $\frac{1}{4}$ cup apple cider vinegar with 2 cups water. Apply after shampooing.

Dandruff: Mix 1 part apple cider vinegar to 3 parts warm water, apply to scalp. Use a hair toner/dye bottle or any bottle that has a pointy tip that will allow you to get the liquid directly on your scalp.

Deodorant: Since ACV helps adjust the skin's pH level, it helps to eliminate odor-causing bacteria. For underarms use a cotton ball to apply, for feet: Add $\frac{1}{2}$ cup ACV to a bowl of water; soak feet.

Acne: Mix 1 part ACV, and 3 parts Rooibos tea and apply to blemishes. You can add a drop of Tea Tree Oil or Oregano oil as well.

pH balancing toner: Mix 1 part ACV with 4 parts water for your base.

For acne/oily skin replace water with roobois tea.

For dry skin replace water with chamomile tea or cucumber-infused water (leave several slices of cucumber in the water overnight).

For aging skin replace water with green, black or white tea.

Skin perfecting mask: 1 teaspoon deep sea mud, 1 teaspoon rose water, $\frac{1}{4}$ teaspoon ACV, $\frac{1}{8}$ teaspoon yogurt, $\frac{1}{16}$ teaspoon nutritional yeast, 1 teaspoon kombucha. Mix all ingredients together. To balance the texture, you can add more mud or yogurt (to thicken) or kombucha or water (to thin). (If you cannot find deep sea mud or rose water locally you can either eliminate them from the mask replacing the mud with arrowroot and the rose water with plain water. If don't want to do the swaps I suggested you can purchase deep sea mud and rose water online at www.sumbody.com).

And last but not least, if you have achy, swollen hands and feet: Rub them with a little apple cider vinegar.

Suzanne Somers Skin Care





Suzanne Somers

Suzanne Somers is one of America's most popular and beloved personalities. In a multifaceted career that has spanned more than three decades, she has achieved extraordinary success as an actress, singer, comedienne, New York Times bestselling author, Las Vegas Entertainer of the Year, entrepreneur, and lecturer. She is the voice and face of alternative medicine. Her latest book, *I'M TOO YOUNG FOR THIS!: The Natural Hormone Solution to Enjoy* (Crown Archetype; 2013) was an instant New York Times bestseller. She received an Emmy nomination as Outstanding Host for "The SUZANNE Show," her weekly Lifetime Network talk show, which provides a thought-provoking morning show alternative with in-depth information on health and wellness in a casual, entertaining format. Suzanne's fun, smart, empowering talk show, "Suzanne Somers' Breaking Through," airs online on the CafeMom Studios YouTube channel.

For Healthy, Clean Living

- Suzanne Somers has developed beauty and health products that are pure and clean, easy and fun!
- Suzanne Somers beauty products are made with natural botanical extracts, enzymes, skin-nurturing anti-oxidants, organic fruits and vegetables. From nourishing skin-care to flawless make-up, these products were designed to help you glow.
- For an in-home fitness experience, Suzanne Somers delivers products for amazing results. Her simple, achievable guidelines for exercising and eating right help you look and feel better.
- With her products and fitness plans, you'll be eating right and looking great while committing to a healthier lifestyle!
- Be beautiful inside and out with Suzanne Somers Beauty, Health & Fitness!

To Buy this product click the image below.



[SUZANNE Organics Ageless Serum](#) 

This remarkable Ageless Serum plumps, firms and restores elasticity to aging skin. If you imagine an old, brittle rubberband, you can see how dry and aging, skin loses its elasticity and begins to sag. When it's young, that rubberband bounces back, just like youthful skin keeps us looking taut. This biotically loaded serum provides extreme repair to stressed, aging skin. Dramatically reduces the appearance of wrinkles and improves skin's natural vitality. SUZANNE Organics Ageless Serum targets your cells to rejuvenate your skin and make it soft and flexible, as it was in our youth.

Completely Gluten-Free

DIRECTIONS: Apply morning and evening to face and neck after your toner and before moisturizer, to target the appearance of fine lines and wrinkles.

Ingredients: Liposomal Complex & Organic Extracts Infused in Peach Juice*: [Lecithin* and Anogeissus leiocarpus (African Birch)*, Glycosaminoglycans (Marine Mucopolysaccharides), Chrysanthellum indicum*, Camellia sinensis (Green Tea), Phyllanthus embilica (Indian Gooseberry)*, Tetrahydro curcuminoids (Turmeric)*, Dipotassium Glycyrrhizinate (Licorice), Carnosine, Silybum marianum*, Brown Algae*, Aloe barbadensis*, Epilobium angustifolium (Willowherb)*, Oil Blend Infused in Carthamus tinctorius Oleosomes*: [Argania spinosa (Argan)*, High Oleic Helianthus Annuus (Sunflower Seed), Mixed Tocopherols (Vitamin E from Jojoba Oil), Tetrahexyldecyl Ascorbate (Vitamin C Ester)], Beta Glucan, Sodium Hyaluronate, Maltodextrin, Ferulic Acid, Sclerotium Gum, Carageenan & Cellulose Gums, Lonicera japonica (Japanese Honeysuckle) Flower Extract & Lonicera caprifolium Flower Extract (Preservatives), Xanthan Gum, Peach Fruit Essence*. * Certified Organic – See more at: <http://www.suzannesomers.com/collections/frontpage/products/suzanne-organics-ageless-serum#sthash.Jgjq752X.dpuf>

About some of the Ingredients



African Birch according to feedpedia

The bark, leaves and roots have ethno-medicinal properties (antimicrobial and anthelmintic activity) and are usually taken as decoctions or aqueous extracts (Andary et al., 2005; Agaie et al., 2007). Derivatives of ellagic acids (“anogelline”) extracted from the bark have been shown to delay the degradation of collagen and the tree is grown commercially since 2000 for the production of cosmetics in the Koro region of Burkina Faso (Jansen et al., 2005).



Chrysanthellum Indicum

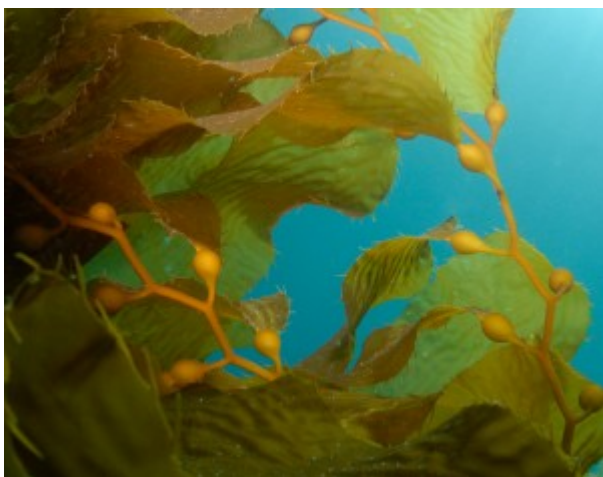
Chrysanthellum Indicum is an extract obtained from herbs that have anti-inflammatory and soothing properties. The extracts will also strengthen the capillaries. There are creams that can be found in health stores that contain Chrysanthellum Indicum.



Camellia sinensis (Green Tea) according to Truthinaging.com

Functions:[] Biologically speaking, a significant amount of scientific evidence points to the antioxidant, most skin experts generally recommend green tea as a powerful, anti-inflammatory and anti-aging ingredients, The cosmetic and dermatological communities fervently laud green tea, mainly

due to the fact that it contains the polyphenol epigallocatechin-3-gallate (EGCG). EGCG polyphenols after exposure to sunlight, the dermal application of EGCG can effectively reduce the body's oxidative stress and increase its enzyme and amino acid activity (mainly catalase and glutathione). With regards to its anti-inflammatory effects, a 2003 study published in the Journal of Nutritional Biochemistry demonstrated how green tea also works to reduce UV induced inflammations (as measured by double skin swellings). It's been shown to be an extremely effective treatment for reducing the redness and irritation associated with Rosacea. Furthermore, recent research suggests that EGCG indirectly acts as a sun-protecting ingredient by quenching the body's UV induced free radicals, in turn preventing the breakdown of collagen and reducing the skin's UV damage (Source: Journal of Dermatological Science, December 2005, pages 195–204). In fact, green tea has been shown to enhance and work synergistically with other UV absorbing ingredients. Considering its well documented antioxidant and anti-inflammatory properties, it no doubt can help slow down the development of some of the visual signs of aging. In a 2005 study, 40 women with substantial photoaging were administered a combination of green tea supplementation and green tea face cream.



Brown Algae

The brown color of these algae results from the dominance of the xanthophyll pigment fucoxanthin, which masks the other pigments, Chlorophyll a and c (there is no Chlorophyll b), beta-carotene and other xanthophylls. Food reserves are typically complex polysaccharides, sugars and higher alcohols. The principal carbohydrate reserve is laminaran, and true starch is absent (compare with the green algae). The walls are made of cellulose and alginic acid, a long-chained heteropolysaccharide. Atlantic *Ascophyllum nodosum* and *Laminaria hyperborea*. Alginates, derivatives of alginic acids, are used commercially for toothpastes, soaps, ice cream, It forms a stable viscous gel in water, and its primary function in the above applications is as a binder, stabilizer, emulsifier, or moulding agent. *Undaria pinnatifida* is also cultivated in Japan, Korea and China for production of Wakame, a valuable food kelp.

Seaweed is a great source of collagen and Elastin producing ingredients.



Indian gooseberry or *Phyllanthus emblica* (amla) according to NCBI Resources

Many medicinal plants are present in a group of herbal preparations of the Indian traditional health care system (Ayurveda) named Rasayana proposed for their interesting antioxidant activities. *Phyllanthus emblica* Linn. (syn.

Emblica officinalis), commonly known as Indian gooseberry or amla, family Euphorbiaceae, is an important herbal drug used in unani (Graceo – arab) and ayurvedic systems of medicine. The plant is used both as a medicine and as a tonic to build up lost vitality and vigor. *Phyllanthus emblica* is highly nutritious and could be an important dietary source of vitamin C, amino acids, and minerals. The plant also contains phenolic compounds, tannins, phyllembelic acid, phyllembelin, rutin, curcum-inoids, and emblicol. All parts of the plant are used for medicinal purposes, especially the fruit, which has been used in Ayurveda as a potent rasayana and in traditional medicine for the treatment of diarrhea, jaundice, and inflammation. Various plant parts show antidiabetic, hypolipidemic, antibacterial, antioxidant, antiulcerogenic, hepatoprotective, gastroprotective, and chemopreventive properties. Here we discuss its historical, etymological, morphological and pharmacological aspects.

Best Sellers

To purchase products click the images bellow.



Young Living ART Skin Care System



A·R·T® Skin Care System

A·R·T® Skin Care System- Age Refining Technology – is a superior concept in skin restoration that combines the advanced technology of DNA recovery enzymes with a proprietary anti-aging Peptide Complex to reduce the look of fine lines and wrinkles, diminish age spots, even skin tone, and increase the elasticity and density of skin. Recognizing the incredible power of essential oils, Young Living added frankincense and sandalwood to this unique formula to reinforce DNA renewal. Add the legendary wolfberry seed oil, known for its superior moisturizing and skin conditioning properties, and you have the formula for a truly unique and effective skin care system.

Cleansing

Properly cleansing your face will gently remove environmental toxins, makeup, perspiration, and dead skin from your pores. Young Living offers two cleansing products that are both mild and offer unique benefits.

1. A.R.T. Gentle Foaming Cleanser
2. Orange Blossom Facial Wash

Although morning and night cleansing are important, we also suggest cleansing your face after intense activities or extreme weather conditions. Healthy skin must breathe and our gentle cleansers will not strip the skin's natural oils if used properly.



Young Living's ART Gentle Foaming Cleanser

Young Living's A·R·T® Gentle Foaming Cleanser cleans the skin without irritation or dryness and contains no harsh astringents. Its powerful foaming action gently lifts and

captures makeup and oils, leaving the skin feeling clean, hydrated, and soft.

How to Use

Splash face with warm water. Dispense and lather a small amount of cleanser from pump. With wet hands, massage gently over face. Rinse thoroughly. To be used twice daily for a refreshing cleanse in the morning and a thorough cleansing at night. Suitable for all skin types. For maximum benefit, immediately apply Day Activator in the morning and Night Reconstructor in the evening to freshly cleansed skin.



Orange Blossom Facial Wash

Orange Blossom Facial Wash™ is a gentle, nonabrasive, free-rinsing cleanser that removes dirt and makeup without stripping skin of natural oils. It contains MSM to promote healthier and clearer skin, wolfberry seed oil to hydrate, and essential oils to soothe with aromatic benefits. Added botanicals protect skin from free radical damage.

- Lycium Barbarum (Ningxia Wolfberry) seed oil
- Lavandula angustifolia (Lavender)
- Pogostemon Cablin (patchouli)
- Citrus limon (Lemon)
- Rosmarinus Officinalis CT Verbenon (Rosemary Verbenon)

How To Use

Wet your face with warm water. Put a small amount of wash into the palm of your hand. Gently rub and lather your face. Rinse, pat dry.



Satin Facial Scrub

Satin Facial Scrub™ Mint is an advanced cleansing formula designed for normal skin. It cleans, nourishes, and stimulates without damaging the skin's natural pH balance. Safe, gentle ingredients help to exfoliate and rejuvenate the skin for a fresher, smoother appearance. Contains MSM, antioxidant vitamins, and botanicals.

How To Use,

Apply Satin Facial Scrub™-Mint directly to moistened skin in a circular motion. Rinse thoroughly, pat dry.

Exfoliating

Your skin replaces its self every 30-60 days. The process of exfoliating speeds up this process by eliminating dead skin cells and allowing the skin new cells to flourish. At the same time exfoliating promotes the absorption of nourishing serums and moisturizers.

“ Exfoliate “comes from the Latin word “ exfoliare”, which means : to strip of leaves.”Although most exfoliants leave your skin looking smoother and renewed, Young Living Satin Facial scrub Mint has specific benefits that completely renew your skin.

It is suggested to exfoliate twice a week: however, you can determine if you like more or less by simply applying a clear piece of tape over your skin if little pieces of flaky skin are attached to the tape you may want to exfoliate, be your own judge.

Toning

The ideal pH level of your skin is about 5.5. After your cleanse is recommended to exfoliate , your skin after that in a period of an hour will restore its pH. An ideal toner however will restore the pH immediately, as well as remove impurities and close pores to their desired original size, and proceed to leave the skin ready for the moisturizer.

A-R-T Purifying Toner is specially effective in keeping environmental debris and pollutants to a minimum; it also increases blood circulation to give your skin an ideal glow.

This product is great for men as well, their pores are considerably larger. Although men usually don't take time for skin-care regimens, it is just as important to the health of their skin.

A-R-T is a great addition for men applying it for after shave!!!!



ART Purifying Toner

A·R·T® Purifying Toner helps support cleansing by removing unwanted oil, dirt, and impurities that can accumulate on skin. This remarkable formula includes frankincense and sandalwood for their ability to revitalize skin, lemon and peppermint to cleanse and energize, and melissa and lavender to soothe and balance.

How to Use

After cleansing with the A·R·T® Gentle Foaming Cleanser, sweep Toner over face with a cotton ball. Can be used in the morning and again in the evening. For best results, apply the A·R·T® Day Activator or Night Reconstructor cream over the Toner.

Shake well before use. Suitable for all skin types. For external use only. Store in a cool, dry place.

Deep Facial Massage Cleanse With

Essential Oils

3 teaspoons of V-6 (Vegetable Oil Complex) 4 Drops of Lavender, Frankincense, or Rose essential oil (or use one of your favorite oils) Put the mixture in the palm of your hand and rub your hands together to warm the oils. Smooth the mixture over your face gently in a smooth massaging movement to stimulate circulation for better absorption. Relax and enjoy your message. Soak a washcloth in warm water and gently hold it over your face until it cools. Gently pat your face until it cools. Gently remove unwanted residue released from the skin. Rinse washcloth and repeat if desire. You can use this procedure as often as desire.



A•R•T Beauty Masque and A•R•T Renewal Serum

The benefits of both of these products, and specifically the use of the orchid flower, are based on thousands of years of Chinese herbal medicine. It is believed that orchids have the ability to absorb and retain moisture and adapt well to many extreme environments. The longevity of the flowers is the key benefit that is utilized for skin care.

Orchid extracts are used for their intense moisturizing effect and for their ability to help delay senescence—or natural aging—by supporting the strength of the skin's main proteins.

Another valuable ingredient found in our A•R•T orchid line is Japanese knotweed—a polygonum that has been traditionally used for its wound healing properties and for its ability to support healthy skin and provide protection against the effects of free radicals. The Japanese use this plant in order to prepare a tea called Itadori, a word that means well-being. This and many other properties that may help generate youthful-feeling and -looking skin are found in the A•R•T

orchid line.

Use A•R•T Renewal Serum after cleansing your face morning and night. Be sure to follow up with your favorite Young Living moisturizer. Incorporate the Beauty Masque a couple of times a week to help promote a younger, healthier-looking you.

Here's to your health,

Luba Vozarova, PhD–YL Sr. Portfolio Manager Personal Care



ART Day Activator

An extraordinary day cream, the ART Day Activator contains the superior Photolyase enzyme that uses visible light on damaged DNA. This light-bodied, water-based face and neck cream absorbs quickly and is perfect for wearing underneath makeup and sunscreen

How to Use

Day Activator: Apply in the morning after cleansing. Using fingertips, massage a generous amount (usually two to four pumps) of Day Activator over face and neck regions as needed.

Suitable for all skin types. For maximum benefit, Day Activator should be used with Young Living's Gentle Foaming Cleanser and Night Reconstructor Cream. Day Activator should be reapplied after prolonged sun exposure.

Caution: As with any cosmetic, if you are currently being treated for any skin condition consult your medical professional before using.

For external use only. Store in a cool, dry place.



ART Night Reconstructor

Night Reconstructor is a powerful night recovery moisturizer that contains the unique endonuclease enzyme. This medium-bodied, water-based face and neck cream contains enhanced moisturizers for maximum hydration.

How to Use

Apply in the evening after cleansing and toning. Using fingertips massage a generous amount (2 to 4 pumps) of Night Reconstructor over face and neck regions as needed. Suitable for all skin types.

Caution: As with any cosmetic, if you are currently being

treated for any skin condition consult your medical professional before using.

For external use only. Store in a cool, dry place.



Wolfberry Eye Cream

Wolfberry Eye Cream™ may be applied morning and evening to ease the appearance of puffiness and dark circles around the eyes, and to promote skin tightening. Wolfberry Eye Cream is formulated from oil that is carefully extracted from the seeds of the Ningxia wolfberry. Rich in vitamin E and linoleic acids, wolfberry oil has unusual chemistry that makes it ideal for nourishing and hydrating skin. It is highly regarded by Asian women for its regenerative properties and its ability to protect aging skin and add luster to skin tone.

To complement your skincare regimen, make sure you are giving your skin the nutrients it needs.

Try including these foods as part of your healthy diet:

- Carrots

Carrots are packed with vitamin A, which is good for clearing up breakouts. It helps reduce the overproduction of cells in

the skin's outer layer were dead cells and sebum can clog pores. Add nibbling on half cup of carrots a day to your snack routine and reap these benefits!

- Dark Chocolate

As if we needed another reason to eat chocolate! Flavonols, the antioxidants in dark chocolate, can reduce roughness in the skin and protect against sun damage. It only takes a few ounces a day to get this antioxidant in your system—what a sweet benefit!

Possible substitution: Blackberries, cherries, blueberries, or raspberries (although you would have to eat a large amount).

- Flaxseeds

These seeds contain omega-3 fatty acids, known to diminish age spots and erase fine lines. Consuming just over two grams (just a teaspoon) will help prevent irritation and redness in the skin as well as contribute to better hydration. Try just sprinkling a teaspoon over oatmeal or veggies to get your daily dose.

Possible substitution: Flaxseed oil (1 tablespoon with sautéed veggies), salmon (4 ounces), or walnuts (1 ounce or about 14 halves).

- Green Tea

When green tea is hot, it releases catechins, a type of antioxidant that has anti-inflammatory properties. These antioxidant powers fade as it cools, so drink it while it's hot. Only two cups a day will help cells' resilience to sun damage, and may even help reduce sun damage.

Possible substitute: White tea.

—Rebecca Jarvis

Product Manager, Essential Living

Eczema and the Medical Herbalist's Perspective

Since I was a little girl, I have used herbs, fruits, vegetables, seeds and the gifts that mother nature had to offer.

I was trained since very young by the indigenous people I grew up with, and my mother's teachings to resource and be an alchemist, is a passion and my way of life.

When I connected with Tami my gut feeling immediately told me that she was the ideal match for us and after communicating with her my feelings were confirmed. She is a nature being that knows her work very well and I wish to introduce you to her and her gifts, with much gratitude for the opportunity to do so.

Isabel Harkins

[**Tami Bronstein, BSc Phyt \(Hons\), MNIMH, AHG**](#)



**Just Scratching the Surface:
Eczema and the Medical Herbalist's
Perspective**

**By Tami Bronstein, BSc Phyt (Hons),
MNIMH, AHG**

Relief;

something we desperately seek when suffering. Skin, as the largest

organ of the body, can be an all-consuming suffering when Eczema is in the

picture. As adults, we learn to distract ourselves from discomforts to some

degree; children don't understand, they simply succumb to the overwhelming and all-consuming frustration of not feeling well.

That said, regardless of age, Eczema is deeply troubling for anyone who

experiences it.

At its worst, Eczema causes skin to chronically inflame, weep, crack and

bleed to the point of secondary widespread bacterial and fungal infection.

The skin is our barrier to resist opportunistic infective microbes of our

environment, and its integrity is compromised when chronically inflamed.

It goes deep.

Why the vicious cycle? Why won't topical preparations work long-term?

The answer is deep. The answers are internal. The answers are complex

and unique to the Individual, and not simply solved with remedies found on

health food store/pharmacy shelves or in a conventional prescription tube.

These conventional topical preparations often contain petrochemical

ingredients, toxic preservatives, and related to a litany of potential and

common side-effects –of which cancer is included.

Plant-based crèmes and homeopathic preparations may ease the flare-ups

temporarily, but patches of Eczema stubbornly linger or return in shortorder.



So, what are we to do?

Certainly as we can observe, topical remedies ease and soothe the

symptoms of this condition, but they fall-short of getting to the causative

factors.

When I see an Individual for Eczema, I like to establish a foundation in

understanding the skin as an organ of the body and its basic physiology

(its functioning), on its own and as a part of the entire body. From the

basic concepts, I find it useful to explain the various factors that can

contribute to the condition.

The first take-away: Skin conditions such as Eczema are a symptom of

something more systemic, rather than simply a superficial dysfunction of

the skin itself.

That is to say, it indicates some other internal disruption that the skin is

reflecting, reacting or responding to. So, you can repeatedly apply any

crème or ointment you wish to manage the inflammation, itchiness, and

other unpleasant symptoms, but it will return until you

address what is

going on at a deeper level of the brain and body.

The Organism and Neuro-Endocrine connection

Even if it seems like a foreign language and impossible for the Individual to

remember the details, I find that a general sense of the bigger picture

empowers a person with insight and more efficient management of

recurring flare-ups, should they occur along the way.

First we begin by seeing skin as a functioning organ, our physical barrier to

the external world, and one of the largest channels of waste elimination. It

is amongst other waste-management organ systems including:

- digestive (bowels)
- respiratory (lungs and sinuses)
- urinary (kidneys)
- lymphatic
- skin

Skin acts to help regulate body temperature, excrete waste products of

metabolism/environmental exposure, and functions as a metabolically active

envelope to contain/protect muscles, bones, organs and

connective

tissues within our bodies as a functionally-integrated organism.

To help Individuals understand the role of skin as part of the integrated

picture, it is important to discuss the core collaboration between physical

function (physiology) and its nuances that regulate the entire body. We

look to the ultimate brain-body connection:

- Central Nervous system (brain) and
- Endocrine system (hormones/neurotransmitters)

This core collaboration coordinates the function of every cell in the body,

and fluctuates in response to being at-rest versus responding to the

demands of life. There is a feedback loop of information returning from the

body to the Central Nervous system to complete the circuit between brain

and body.

Let's touch upon a few key realms we must explore in getting to the cause

of the Eczema in order to resolve the condition, keep the tendency at-bay

and/or manage what does surface.

Channel an inner Sherlock Holmes

Okay, I will admit to a personal fascination with the current television

series on Masterpiece Mystery of "Sherlock", featuring Benedict

Cumberbatch. I also enjoyed the series "House, MD", featuring Hugh Laurie

(which mirrored the Sherlock Holmes storyline, in its own clever way).

Getting to the cause of a dysfunction requires quite a bit of medical

detective work, and perhaps why these shows are compelling to me. This is

what makes my work uncommon, methinks; the conventional world dwells

upon symptoms, separating care of organ systems rather than seeing their

integration, and limiting insight to the bubbling source of the recurring

condition. Just like Sherlock, it is my job to be the detective and examine

every subtle (some seemingly insignificant) nuance that leads to the

Nemesis.

If any two individuals who suffer from Eczema were to stand side-by-side,

the causative picture for each is different. Each Individual's

experiences

are the result of a unique mosaic -a woven tapestry- of factors discovered

when I am exploring a thorough medical history. Some exploration delves

back into their history by decades!

I thought to review a few of these clues that I sleuth in solving an

individual's unique mystery.

This is evident as -if you have tried everything your friends, family, online

blogs or health food store clerks have recommended to no avail- I have

seen results.

The Nemesis is typically a composite of factors, rather than one source. So,

let's have a look at a few common areas that I must explore when

managing Eczema in an individual:

The Clues

- Environmental Allergies : Airborne mold spores and general seasonal allergies are a common trigger alongside other factors of

allergic eczema, and individuals often benefit from air

filtration in

the home. Air filters on the central heating/air-conditioning units

can be found with HEPA qualification down to 3 microns, and must

be changed regularly, every few months. Additional stand-alone air

purifiers can be of use, as well. Frequent saline nasal flushing can

reduce allergens that affect mucous membranes of respiratory

system via allergic reaction, which compromises one of the 5 major

channels of elimination (lungs/sinus) and triggers skin dysfunction.

- Food Allergies and Leaky Gut Syndrome : Food allergies often compromise lower bowel function; As one of the 5 major channels of

waste elimination having reduced efficiency, skin can react to bowel

inflammation and disruption.

Have your physician test for the major food allergy culprits, such as:

gluten, dairy, wheat, soy/legumes, citrus, shellfish, nuts, MSG

derivatives, etc (to begin with). Allergy testing can get fairly

overzealous at times with some practitioners, overwhelming an

Individual with limitations. Starting just with the most common

allergens reveals enough to make a difference and get a handle on

primary irritants. The best approach: eliminate the primary

irritating food allergens indicated via testing and vary daily food

choices, as much as possible; Eating the same foods day after day

can be problematic over time.

Leaky Gut Syndrome is often a result of chronic bowel inflammation

from concerns such as food sensitivities, repeated antibiotic use and

yeast overgrowth; once the bowel membrane lining is inflamed and

weepy, large protein molecules cross bowel walls into the

bloodstream, tipping-off a hyper-immune response. Reviewing bowel

function is a significant review point when I am going over the

medical history.

(NOTE: To those gluten-intolerant, watch nutritional supplements as

the excipients [base ingredients] may contain fillers possibly contaminated with gluten, such as some sources of xanthan gum;

some Individuals react to corn sugars in a similar way to gluten

sensitivity.)

- Chronic Constipation: Chronically sluggish bowel motility can trigger

skin issues as well, because the bowels can re-absorb toxins back

into the system while bowel movements await evacuation. This can

be most commonly due to poor dietary habits, lack of activity, antibiotic use, Candida (yeast) overgrowth, excessive dairy intake,

unmanaged stress, and dehydration. Repopulating the bowels with a

refrigerated, enteric-coated Probiotic is helpful, even with a significant gap of time since taking the antibiotics.

Candida (yeast) overgrowth from repeated use of antibiotics and

diets high in sugars can be a relatively silent contributor to the

picture, and must be considered.

[Note: non-organic foods contain pesticides like glyphosate, which

can disrupt the natural bacterial flora of the lower bowels,

contributing to digestive disorders; probiotics are useful in diets high

in non-organic foods]

- Chemicals and Heat : Unlike simple Contact Dermatitis reactivity to

irritating chemicals in laundry or body care detergents, many typically benign body care ingredients that are synthetic can be

activated to irritate by the addition of heat and friction (exerciserelated

or in warmer seasons). Eczema tends to flare in skin folds

when the body heats up, so using commercial products with

synthetic ingredients and fragrances can set-up a perfect

environment for an extraordinarily troubling flare-up where the

body's heat is concentrated. This includes the scalp, inside/behind

ears, eye folds, inside elbows, backs of knees, and underarms.

Carefully selected plant-based, chemical-free & hypoallergenic hair,

skin and body products keep potential irritants out of the picture.

Rule of thumb: Keep product use simple.

- Acid/Alkaline balance: Diets high in acidic or acid-forming foods

favors general inflammation in the body, which feeds inflammatory

skin conditions. I advise keeping a more neutral diet by

increasing

alkaline foods, reducing all sugars (including fruit sugars), minimizing dairy, reducing animal meats, avoiding processed meats

(such as smoked or cured) and eating more vegetables, whole grains

and raw or dry roasted nuts/seeds (as tolerated). Proper hydration

supports acid/alkaline balance, improves bowel function, and sustains skin moisture.

- Chronic inflammation: By-products of inflammation add to general

metabolic wastes that the lymphatic system must work to drain for

excretion out of the body. Extended, repeated periods of

inflammation place an ongoing load on the lymph glands to drain the

tissues bogged-down with waste products, and must be supported in

expediting the healing of Eczema flare-ups.

The lymphatic system is not only part of waste removal, but also a

primary immune system contributor. Lymph glands produce

immune cells to fight infection, and when inflammation of the skin

compromises its integrity as a barrier to germs, lymph glands

activate to mount an immune response toward invading viruses, bacterium and fungus. Chronic environmental and food allergies are

in-fact excessive or hyper-immune responses to allergens, and so

demands on the lymphatic system are consistently elevated during

Eczema flare-up. Immune support becomes a focus, but rather than

stimulating an already over-stimulated immune system, we look to

modulate immune activity. This is a largely misunderstood but

critical variation between stimulating and modulating immune

functions when working with chronic or autoimmune conditions.

- Adrenal fatigue : Chronic stress, lack of restful sleep, excessive

scheduling of activities, corticosteroid use, excessive sugar/caffeine

intake, and additional factors play-into adrenal gland depletion. A

constant state of “fight or flight” and excessive activity drains the

adrenals of its hormonal output. This affects all inflammatory conditions, as adrenal cortisol manages inflammation.

When we consistently withdraw from the resource “bank” of the adrenals without putting those funds “back in the bank”, we

are

unable to properly respond to new stresses and demands for activity.

It is important that children are not over-scheduled with physical

activities such as sports, and to watch sugar & caffeine intake as all

of these deplete tiny bodies with already-rapid metabolisms.

- Anxiety : Anxiety contributes as an ongoing source of adrenal

depletion via increased demand for “fight or flight” output.

Sometimes an individual can experience more anxiety when

adrenals are depleted; Equally, anxiety can exist and be a primary

source of adrenal fatigue.

Ideally, we sort the cause and manage situations as they happen;

however, those with generalized anxiety disorders may require

some minor ongoing support, to avoid affecting endocrine balance or

managing endocrine balance to avoid worsening anxiety.

With any mood disorder, we must seek to reduce chemical load of

food flavor enhancers (such as monosodium glutamate and its

derivatives), chemicals, preservatives, synthetic fillers,

coloring,

artificial flavorings, neuro-excitotoxins as aspartame (Nutrasweet)

and pancreatic disruptors such as corn syrup.

Anxiety must be managed, as it alters pH (acid levels increase) in

the digestive system, favoring inflammation and constipation;

Irritated, frazzled nerves as a result of Chronic Anxiety on quality of

sleep feeds Eczema flare-ups.

- Puberty and Menopause: Permanent hormonal transitions at certain stages of life can trigger Eczema, as the Neuro-Endocrine balance is challenged to find a new norm. We can work to minimize the effects of these transitions.

The detective deduces...

I see many people who fill their cupboards with various pricey supplements that are randomly or partially used. It is an experimentation process much like throwing spaghetti against a wall and seeing which noodles stick. There is a more direct and methodical road to recovery. While it may take a bit more time than popping a corticosteroid pill, with attention to subtle

influences,

Individual compliance, consistency of dosage and reformulation of

herbal medicines as the body evolves, we can use whole plants to

give the body what it needs to normalize itself.

The role of the Medical Herbalist is to explore all subtle and overt

influences of the condition, taking great time and care to listen and

mind even the smallest details that truly do matter to healing and

recovery. Following a full medical history review, herbal medicine

formulations (fluid extracts, syrups, teas, powders) are typically

compounded by-hand (although some practitioners do send the

formula out to a compounding dispensary elsewhere), and follow-ups

are booked to monitor progress. Changes in the formula(s) are made

as the body evolves along the way until resolution. Some individuals

require ongoing support depending upon medical history details, but

ultimately we seek the cause to resolve symptoms.

Meanwhile, if you have found some plant-based topical

preparations

that give you temporary soothing relief, keep up with it.
Internal

therapy with Herbal Medicines take some time, as we work
together

to peel back the layers of contributing factors; it is helpful
to know

there is something on-hand to soothe the steadily retreating
symptoms as we go.

I enjoy donning my proverbial Sherlock Holmes hat and getting
to

the bottom of solving a well-care mystery.

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